

Statistics Report 03023, Finger snacks, GERBER GRADUATE PUFFS, apple and cinnamon

Report Date: October 26, 2015 01:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	3.62	--	0.144	3.23	3.99	4.0	3.221	4.019	1	Analytical or derived from analytical	--	02/2015
Energy	kcal	389	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Energy	kJ	1626	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Protein ¹	g	6.19	--	0.063	6	6.37	4.0	6.014	6.361	1	Analytical or derived from analytical	--	02/2015
Total lipid (fat) ¹	g	2.30	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Ash ¹	g	2.11	--	0.025	2.01	2.15	4.0	2.036	2.175	1	Analytical or derived from analytical	--	02/2015
Carbohydrate, by difference	g	85.79	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Fiber, total dietary ¹	g	3.8	--	0.350	3.2	4.4	2.0	2.256	5.264	1	Analytical or derived from analytical	--	02/2015
Sugars, total ¹	g	17.84	--	0.393	17.39	18.62	2.0	16.146	19.527	1	Analytical or derived from analytical	--	02/2015

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Sucrose 1	g	14.90	--	0.396	14.45	15.69	2.0	13.195	16.605	1	Analytical or derived from analytical	--	02/2015
Glucose (dextrose) 1	g	1.13	--	0.014	1.1	1.15	2.0	1.064	1.189	1	Analytical or derived from analytical	--	02/2015
Fructose 1	g	1.81	--	0.015	1.79	1.84	2.0	1.744	1.876	1	Analytical or derived from analytical	--	02/2015
Lactose 1	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
Maltose 1	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
Galactose 1	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
Starch 1	g	59.17	--	0.240	58.7	59.5	2.0	58.132	60.201	1	Analytical or derived from analytical	--	02/2015
Minerals													
Calcium, Ca 1	mg	535	--	10.773	519	577	4.0	504.689	564.511	1	Analytical or derived from analytical	--	02/2015
Iron, Fe 1	mg	24.74	--	0.674	22.8	27	4.0	22.868	26.612	1	Analytical or derived from analytical	--	02/2015
Magnesium, Mg 1	mg	60	--	0.523	59	62	4.0	58.468	61.372	1	Analytical or derived from analytical	--	02/2015

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Phosphorus, P 1	mg	448	--	6.696	438	474	4.0	429.208	466.392	1	Analytical or derived from analytical	--	02/2015
Potassium, K 1	mg	196	--	2.267	188	201	4.0	189.505	202.095	1	Analytical or derived from analytical	--	02/2015
Sodium, Na 1	mg	13	--	1.273	10	17	4.0	9.119	16.185	1	Analytical or derived from analytical	--	02/2015
Zinc, Zn 1	mg	17.46	--	0.254	16.8	18.3	4.0	16.754	18.166	1	Analytical or derived from analytical	--	02/2015
Copper, Cu 1	mg	0.213	--	0.002	0.21	0.22	4.0	0.207	0.218	1	Analytical or derived from analytical	--	02/2015
Manganese, Mn 1	mg	1.646	--	0.009	1.63	1.68	4.0	1.62	1.672	1	Analytical or derived from analytical	--	02/2015
Selenium, Se 1	µg	6.2	--	0.265	5.8	6.7	2.0	5.062	7.338	1	Analytical or derived from analytical	--	02/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Thiamin 1	mg	1.563	--	0.079	1.47	1.72	2.0	1.224	1.902	1	Analytical or derived from analytical	--	02/2015
Riboflavin 1	mg	2.267	--	0.067	2.2	2.4	2.0	1.98	2.554	1	Analytical or derived from analytical	--	02/2015

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Niacin 1	mg	28.767	--	0.674	27.5	29.8	2.0	25.866	31.667	1	Analytical or derived from analytical	--	02/2015
Pantothenic acid 1	mg	0.635	--	--	0.57	0.7	1.0	--	--	1	Analytical or derived from analytical	--	02/2015
Vitamin B-6 1	mg	1.800	--	0.231	1.4	2.2	2.0	0.806	2.794	1	Analytical or derived from analytical	--	02/2015
Folate, total 1	μg	16	--	2.239	13	20	2.0	5.932	25.202	1	Analytical or derived from analytical	--	02/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Folate, food	μg	16	--	2.239	13	20	2.0	5.932	25.202	1	Analytical or derived from analytical	--	02/2015
Folate, DFE	μg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Choline, total	mg	11.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin A, RAE	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Retinol	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Carotene, beta	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Carotene, alpha	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Cryptoxanthin, beta	μg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Lutein + zeaxanthin	µg	45	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin E (alpha-tocopherol) ¹	mg	10.33	--	0.874	9.01	11.98	2.0	6.565	14.087	1	Analytical or derived from analytical	--	02/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Tocopherol, beta ¹	mg	0.41	--	0.043	0.34	0.49	2.0	0.229	0.601	1	Analytical or derived from analytical	--	02/2015
Tocopherol, gamma ¹	mg	10.73	--	1.973	8.22	14.62	2.0	2.239	19.221	1	Analytical or derived from analytical	--	02/2015
Tocopherol, delta ¹	mg	5.93	--	0.961	4.72	7.83	2.0	1.793	10.063	1	Analytical or derived from analytical	--	02/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin K (phylloquinone)	µg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Lipids													
Fatty acids, total saturated	g	0.143	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
4:0 ¹	g	0.002	--	0.002	--	--	2.0	-0.005	0.009	1	Analytical or derived from analytical	--	02/2015

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6:0 1	g	0.002	--	0.001	--	--	2.0	-0.002	0.005	1	Analytical or derived from analytical	--	02/2015
8:0 1	g	0.002	--	0.001	--	--	2.0	-0.002	0.006	1	Analytical or derived from analytical	--	02/2015
10:0 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
12:0 1	g	0.002	--	0.001	0	0	2.0	-0.003	0.008	1	Analytical or derived from analytical	--	02/2015
14:0 1	g	0.004	--	0.001	0	0	2.0	0.002	0.006	1	Analytical or derived from analytical	--	02/2015
15:0 1	g	0.002	--	0.000	0	0	2.0	0.001	0.004	1	Analytical or derived from analytical	--	02/2015
16:0 1	g	0.115	--	0.004	0.11	0.12	2.0	0.097	0.132	1	Analytical or derived from analytical	--	02/2015
17:0 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:0 1	g	0.012	--	0.001	0.01	0.01	2.0	0.009	0.015	1	Analytical or derived from analytical	--	02/2015
20:0 1	g	0.001	--	0.001	--	--	2.0	-0.001	0.003	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 1	g	0.001	--	0.000	--	--	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	02/2015
24:0 1	g	0.001	--	0.000	--	--	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total monounsaturated	g	0.306	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
14:1 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
15:1 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	02/2015
16:1 undifferentiated 1	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
16:1 c 1	g	0.001	--	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	02/2015
16:1 t 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
17:1 1	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:1 undifferentiated 1	g	0.151	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 c ¹	g	0.151	--	0.003	0.15	0.16	2.0	0.138	0.164	1	Analytical or derived from analytical	--	02/2015
18:1 t ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:1 ¹	g	0.003	--	0.001	0	0	2.0	0.001	0.005	1	Analytical or derived from analytical	--	02/2015
22:1 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
22:1 c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:1 t ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
24:1 c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total polyunsaturated	g	0.527	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
18:2 undifferentiated ¹	g	0.252	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
18:2 n-6 c,c ¹	g	0.252	--	0.008	0.24	0.27	2.0	0.217	0.288	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 CLAs ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:2 t not further defined ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:3 undifferentiated ¹	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.011	--	0.000	0.01	0.01	2.0	0.01	0.013	1	Analytical or derived from analytical	--	02/2015
18:3 n-6 c,c,c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:3i ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
18:4 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:2 n-6 c,c ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
20:3 n-6 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015

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20:4 undifferentiated ¹	g	0.000	--	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	02/2015
20:5 n-3 (EPA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:4 ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:5 n-3 (DPA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:6 n-3 (DHA) ¹	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Amino Acids													
Tryptophan	g	0.058	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Threonine	g	0.156	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Isoleucine	g	0.183	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Leucine	g	0.368	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Lysine	g	0.156	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Methionine	g	0.104	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015

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Cystine	g	0.087	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Phenylalanine	g	0.248	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Tyrosine	g	0.205	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Valine	g	0.256	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Arginine	g	0.357	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Histidine	g	0.121	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Alanine	g	0.239	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Aspartic acid	g	0.404	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Glutamic acid	g	1.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Glycine	g	0.209	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Proline	g	0.360	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Serine	g	0.239	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18b, 2014 Beltsville MD